

August Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
 9020 Amelung St., Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

<i>Mondays</i> <i>9:00-3:00</i>		<i>Tuesdays</i> <i>9:00-8:00</i>		<i>Wednesdays</i> <i>9:00-3:00</i>		<i>Thursdays</i> <i>9:00-3:00</i>	
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.				Lunch is served every day at Noon. Reservations must be made at least 48 hours in advance.			
4 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Tai Chi Drop-in		5 9:30 Centerville Garden 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games		6 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		7 iPod Music Day 10:00 * ESL Class 11:00 Exercise to Video 1:00 Rummikub	
11 Nutrition Minute Day “Healthy Eating on the Run” 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Tai Chi Drop-in		12 Nutrition Minute Day “Healthy Eating on the Run” 9:30 Centerville Garden 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 *Dinner 6:30 Cards/Games		13 Nutrition Minute Day “Healthy Eating on the Run” 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		14 10:00 *ESL Class 11:00 Exercise to Video 11:00 Mobile I&A 11:30 Blood Pressure Noon *Breakfast for Lunch 12:30 Ask Nurse Steve “Do I really need a flu shot every year?”	
18 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Tai Chi Drop-in		19 9:30 Centerville Garden 10:00 *English Conversation 10:30 Dance Exercise 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 6:30 The Inside Scoop “Tomatoes and Zucchini”		20 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		21 Make and Take Craft Day iPod Music Day 10:00 * ESL Class 11:00 Exercise to Video 1:00 Rummikub	
25 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Tai Chi Drop-in		26 10:00 *English Conversation 11:00 Exercise to Video 1:00 Stitching Post 1:00 Chinese Mah Jong 5:30 Bunco Bunco Bunco		27 9:30 Strength Training 11:00 Exercise to Video 1:00 Wii Bowling 1:30 *iPad Q&A		28 iPod Music Day 10:00 * ESL Class 11:00 Exercise to Video 1:00 Rummikub	
Friday Happenings August 1 College Park Aviation Museum Day Trip August 15 Picnic hosted by Emmitsburg Senior Center August 22 Antietam Creek Tubing Adventure August 29 Annual Cleaning Day – Volunteers needed!				Coming This Fall (check the monthly schedule for details) Yoga Advanced Tai Chi Book Club Current Events Discussion Group Whole Grains: presentation, cooking demo & food tasting			